



olesta1@cspinet.org
12/05/2004 06:53 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: Dec05/04

Name: [REDACTED]

Age: 24

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Dec04/04 8:00 pm

When problem? 16 hours 30 minutes

When problems end? Dec 06/04

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Ruffles, size: large, amount: a few chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: irrital bowel syndromeDid you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I was shopping, felt fine, left the store and was headed home on 4 land hwy. no restrooms close . I suddenly had gastric pain and the urge to have a bowel movement the cramp passed and I was hoping to get to service station soon . I had another gastric cramp and the immediate urgency to have bowel movement. I found a texaco convenience store and ran in as fast as i could squeezing all the muscles i could to keep from having a bowel movement. but my walking didn't help and i completely lost control and soiled my clothes and to make matters worse the store's restroom was out of order. My clothes were so soiled that the clerk let me go to the employee restroom and clean up. Luckily the clerk had a blanket and she let me use it to wrap up in and moved my car to the back of the store where i was able to get in my car without any one seeing my embarassment..

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I remembered what I had eaten at dinner that day and read on the package of chips that it had olestra in it and remembered that it had a side effect of diarrhea. I had no other problems after the major clean out that day.



olesta1@cspinet.org

12/05/2004 08:41 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: December 5, 2004

Name: [REDACTED]

Age: 62

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Dec. 5, 2004 2 p.m.

When problem? hours 30 minutes

When problems end?

Still persist? Yes

Occations: 2 weeks

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: moderate
- Other:

additional details:

I have been having trouble for about 3 weeks and wondered why it sometimes would let up. I had bought chips about that time and it did not occur to me that it was that. Went to the dr. and she told me to take fiber, imodium, no orange juice and gave me a script for spasms. Today I had the Light Tostitos after not having them for a few days and had the terrible uncontrollable leaking. A few weeks ago I was having the light potatoe chips for lunch when I started getting sick. All I can say is Thank God I found out and will throw everything away.

eat olestra again? No
problems again?

Problem(s) reoccurred? Expained above

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: , amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org

12/07/2004 04:16 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 12-7-04

Name: [REDACTED]

Age: 54

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: No

When eat? Dec. 5, 3-5pm

When problem? 32 hrs hours minutes

When problems end?

Still persist? Yes

Occations: 1.3 days

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea:
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting:
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other: blood, small amt.,

additional details:

INCEDIBLE EXPERIENCE I'VE NEVER EXPERIENCED IN MY LIFE. WILL NOT END. PLEASE
TAKE OFF MARKET. PAIN IN FREQUENT WAVES. RECTAL PAIN, BLEED

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 6 1/4 OZ, amount: 10-15 CHIPS

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

1AM WHILE WENT TO BED AND SHORTLY THEREAFTER RAN TO BATHROOM. EVERY 15-20 MINUTES LIKE CLOCKWORK TILL 5;30 AM. THEN ABOUT EVERY FORTY MINUTES. THIS HAS NOT ENDED. IT IS 4;15 PM

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? LOOKED UP OLESTRA ON INTERNET



olesta1@cspinet.org
12/09/2004 02:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/9/04

Name: [REDACTED]

Age: 28

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 12/9/04 5:30 pm

When problem? 18 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?



olesta1@cspinet.org

12/10/2004 05:09 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: Dec.10 2005

Name: [REDACTED]

Age: 34

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? Dec.9 2005

When problem? 2 hours minutes

When problems end? next day -Dec.10

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: none
- Vomiting:
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other:

additional details:

Get this stuff off the market. Will never buy snacks again with "Light" advertisement, or Olestra in it.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Original Pringles, size: regular, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
12/18/2004 06:49 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/18/04
Name: [REDACTED]
Age: 42
Sex: f
Address:
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 12/17/04 at 6:00 p.m.

When problem? 8 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:
- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again?
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Original Pringles, size: 6.5, amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

interrupt business meetings

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? know about Olestra from 60 Minutes years ago



olesta1@cspinet.org
12/18/2004 10:50 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/18/04

Name: [REDACTED]

Age: 15

Sex: M

Address: S [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer:

When eat? 12/16 and 12/18 2004, late afternoon both times

When problem? 4 hours minutes

When problems end? (The first time, 2nd hasn't stopped yet) about 36 later
(severe stuff happened the last 4 or 5 hours)

Still persist? Yes

Occations: 1 1/2

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other: Almost went in my pants...luckily made it in time.

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? More severe stuff hasn't started yet, still in the middle of it.

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/6 of pkg

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media? No

web site? looked up olestra on internet



olestra1@cspinet.org
12/19/2004 11:24 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/19/2004
Name:
Age: 29
Sex: Female
Address:
Occupation: administrative assistant
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 11/24/2004 11pm

When problem? hours 30 minutes

When problems end? 11/29/2004

Still persist? No

Occations: 2 days

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/2 bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Inconvenience, I guess. Having to go immediately without notice.

seek medical help? No

emergency room? No

diagnosis? n/a

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google



olesta1@cspinet.org
12/20/2004 02:59 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: December 20, 2004
Name: [REDACTED]
Age: 20
Sex: F
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? December 19, 2004 11am

When problem? 9 hours 30 minutes

When problems end? December 20, 2004 2 am

Still persist? No

Occations: 3 days

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

I think that there needs to be a label on the package so that consumers are aware, I had never had cramps/gas like that before so i looked at the ingrediants of chips because i had just recently started eating them and found the information about olestra.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

could not control bowels; soiled underwear; movement was explosive. endangered my driving- very sudden onset.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google.com



olesta1@cspinet.org
12/20/2004 09:27 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12-20-04

Name: [REDACTED]

Age: 57

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12-19-04

When problem? 12 hrs. hours minutes

When problems end? 12-20-04 3:00p.m.

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? All Above

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: whole bag
 - Ruffles Cheddar, size: medium, amount: whole bag
- Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

i couldnt control my gas and i had it every two mintues or so for over three hours

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I did a search on olestra and this was the first site that came up

10-62



olesta1@cspinet.org
12/26/2004 02:07 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/25/04

Name: [REDACTED]

Age: 45

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12/22 12/23

When problem? 30 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 1/2 pkg

- SCO Pringles, size: regular, amount: 1/2 pkg

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Searched/Google



olesta1@cspinet.org

01/03/2005 12:20 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 01/02/05

Name: [REDACTED]

Age: 20

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? yesterday and today

When problem? 8 hours minutes

When problems end? haven't yet

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: moderate
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other:

additional details:

I had tried the WOW! Cheddar and Sour Cream Chips before and had the most horrible experience. I was sick at my stomach and had orange diarrhea and horrible gas. It was terrible. I vowed to never eat them again. Well, a few days ago at the store when I saw these chips, I didn't even give it a second thought when I bought them. I guess I should have checked to make sure they didn't contain olestra. I will check from now on. The sad part is that I really liked both kinds of chips. Too bad I can't ever eat them again. I feel so sick at my stomach...it's terrible. I cannot believe that olestra is allowed to be used. I am just outraged! And if they do allow it, they should have to put it in big, bold letters "CONTAINS OLESTRA".

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 3/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
excess gas

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? just looking for info on olestra



olesta1@cspinet.org
01/04/2005 03:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/04/05

Name: [REDACTED]

Age: 24

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/3/05

When problem? 1.5 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: vaginal bleeding

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/2 to 3/4 package
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
gas in front of others, had to go to the bathroom frequently and didn't leave
a pleasant smell

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? typed Olestra in search engine



olesta1@cspinet.org

01/06/2005 02:07 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 010505

Name: [REDACTED]

Age: 7

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 01/05/05 7pm

When problem? 4hr hours minutes

When problems end? 01/06/05

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools:
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet:
- Other:

additional details:

this is absoulty horrible there should have been a warning label on the chips

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: medium, amount: 15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?



olesta1@cspinet.org

01/06/2005 03:37 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/6/05

Name: [REDACTED]

Age: 34

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: {}

Suffer: Yes

When eat? January 2 through January 6, lunch

When problem? A few hours hours minutes

When problems end? It hasn't yet, but I just realized I should look into what I've been eating and thought the problem may be the fat-free Pringles I've had.

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I thought the change in my bowel movements were due to just trying to eat a little healthier. I was drinking more water, exercising regularly and really watching my snacking since the holidays. I remember reading the label, which said the Pringles contained olestra, and it finally hit me to stop eating the chips. I have a feeling I will be "cured" in the next few days.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: reg, amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? Yes

web site? boyfriend



olesta1@cspinet.org
01/07/2005 10:16 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: ➡ This message has been forwarded.

Date: 1-7-05

Name: [REDACTED]

Age: 21

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1-6-05

When problem? 4 hours minutes

When problems end? STILL GOING

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

THIS IS INSANE!!! I ALMOST GAVE THESE CHIPS TO MY 2 YEAR OLD!!! THAT WARNING NEEDS TO BE ON THOSE CHIPS!!!THE 1ST TIME I DIDN'T EVEN THINK OF IT BEING THE CHIPS!IM GOING TO THROW THEM AWAY

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? CRAMPING AND LOOSE STOOL

Packet bear label stating olestra may cause? No

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: Regular, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org

01/08/2005 07:51 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been replied to.

Date: 01-08-2005

Name: [REDACTED]

Age: 45

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 01-07-2005

When problem? 5 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I am a type 1 diabetic. I monitor what I eat carefully and read labels. I read the ad for Lay's Light chips in the People magazine dated 1-17-05 on page 5. It does not state anywhere in the the advertisment that Olestra is used. The package does not show on the bottom right hand corner the Olean registered trademark. But the package I purchaed in the store has this symbol. I think this is FALSE advertising and VERY misleading. I will not be purchasing ANY Frito Lay products in the future until they stop deceptive practices in regards to their advertising. Thank you.

eat olestra again? No
problems again?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: LARGE, amount: 1/4 OF PACKAGE

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? GOOGLE

10-69



olesta1@cspinet.org
01/10/2005 05:29 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: ➡ This message has been forwarded.

Date: 1/10/2005

Name: [REDACTED]

Age: 54

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/2/2005

When problem? ?? hours ?? minutes

When problems end? ??

Still persist? No

Occations: 2 or 3

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet:
- Other:

additional details:

While I didnt have an accident--- some were "close-calls". At one point I considered not going to work because I had this problem and I didnt even realize that it was because of the "light" chips. It affected my wife even more severely--- and she had had this reaction to WOW chips before and had sworn off Olestra. We had no idea that the LIGHT chips were filled with OLESTRA---- What happened to the WARNING???

eat olestra again? No
problems again?

Problem(s) reoccurred?

recipient, you are hereby notified that any dissemination, distribution, or copying of this communication or other use of a transmission received in error is strictly prohibited. If you have received this transmission in error, immediately notify me at (202) 777-8328.



olesta1@cspinet.org
01/10/2005 08:13 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/10/05

Name: [REDACTED]

Age: 27

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Week of 1/3/05-1/7/05

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: 4

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: half

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Surfing the internet on Olestra



olesta1@cspinet.org
01/12/2005 03:42 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1-12-05

Name: [REDACTED]

Age: 70

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? noon 1-7-05

When problem? 6 hours 0 minutes

When problems end? 1-9-05 4pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: Whole bag over 3-4 days

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Yahoo



olesta1@cspinet.org
01/13/2005 06:56 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/13/05

Name: [REDACTED]

Age: 52

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/9/05

When problem? 8 hours minutes

When problems end? Not ended yet!

Still persist? Yes

Occations: 4 so far

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

The symptoms seemed to slow down for one day then started up again. I ate very little during this time, for fear of triggering it.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: FRITO LATS LIGHT 9 or 10 chips Did you have the flu, allergy,
or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Severe bloating gas loose bowels

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? NONE at Present

Media? No

web site? looking up olestra



olesta1@cspinet.org
01/13/2005 06:17 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/13/05

Name: [REDACTED]

Age: 36

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/03/05 12:00pm

When problem? hours 20 minutes

When problems end?

Still persist? Yes

Occations: 6

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: 1/2 bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Could not leave the house - very inconvenient - still nervous

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? AOL Search



olesta1@cspinet.org
01/14/2005 07:42 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/14/05

Name: [REDACTED]

Age: 51

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: (000) 0000000

Fax: ()

Suffer: Yes

When eat? 1/10/05

When problem? 3 hours minutes

When problems end? 1/11/05

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all checked above

Packet bear label stating olestra may cause? Yes

Would you have eater the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google search



olesta1@cspinet.org

01/14/2005 08:29 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date:

Name: [REDACTED]

Age:

Sex:

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer:

When eat?

When problem? 4 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: severe
- Other:

additional details:

This product should be illegal. I'm sticking to baked potato chips from now on.

eat olestra again? Yes

problems again?

Problem(s) reoccurred? none, after

Packet bear label stating olestra may cause? No

Would you have eater the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Lay's Regular, size: med., amount: 2 ozs.

- Lay's KC Masterpiece BBQ, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Had to close shop several times throughout afternoon.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response?

Media? No

web site? Researched olestra on my own.



olesta1@cspinet.org

01/16/2005 05:20 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1-17-05

Name: [REDACTED]

Age: f

Sex: 36

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? friday, jan. 15 all throughout day

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: none
- Vomiting:
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: small, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

10-77



olesta1@cspinet.org
01/16/2005 05:42 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1-16-05

Name: [REDACTED]

Age: 29

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1-14-05 10:30 PM

When problem? hours 20 minutes

When problems end? went to bed, when awoke was fine

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? same problems as stated previously

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Original Pringles, size: 6.5, amount: whole pkg.

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? google



olesta1@cspinet.org

01/17/2005 01:20 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/17/2005

Name: [REDACTED]

Age: 54

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/16/2005 4:30pm

When problem? 2 hours 0 minutes

When problems end? 11/16/2005 7 pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5 oz can, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? www.ask.com



olesta1@cspinet.org
01/19/2005 02:04 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/19/05

Name: [REDACTED]

Age: 51

Sex: m

Address:

Occupation:

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 01/18/05

When problem? 8 hours minutes

When problems end? 24

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: moderate
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

Stomach became upset the next day similar to what occurs using aspirin. This is a terrible food additive and if FRito Lay was smart they should stop selling it. Im not buying their chips for a long time and I will tell freinds about this

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 1/4 of pkg

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: IBS Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? google of course



olesta1@cspinet.org

01/20/2005 02:55 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/20/05

Name: [REDACTED]

Age: 29

Sex: f

Address:

Occupation:

Email:

Phone: ()

Fax: ()

Suffer:

When eat?

When problem? hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea:
- Couldn't control bowels; soiled clothing:
- Loose stools:
- Nausea:
- Fecal urgency:
- Flatulence/Gas:
- Bloating:
- Abdominal cramps:
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

I was extremely distugsted to find that the second ingredient in a bag of Lay's light potatoe chips is olestra. I usually look hard to find warnings but I just picked up the bag at Subway. Normally, I go with the baked Lay's but these sounded interesting. After opening and eating 3-5 chips I noticed the word olestra and began to think that sounded familiar. I am absolutely distgusted that the FDA would not even regulate this product. I thought that companys were not using olestra after all the effects reported from people. Anyways, I look twice before getting chips again.. and hopefully I won't get any problems.

eat olestra again?

problems again?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?



olesta1@cspinet.org
01/20/2005 07:40 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/20/2005

Name: [REDACTED]

Age: 3

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 1/19/2005

When problem? hours 30 minutes

When problems end? 1/20/2005

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

We were at a total loss as to what happened to our daughter who suddenly developed severe diarrhea that lasted 10 hours. After assessing her diet we discovered the only thing she had that was different than her normal food was 5 pringles fat free chips. Doing a search online we quickly found the culprit was obviously Olestra. Amazing how many problems we read about with this product but had never heard about it before. This was the first and last product we will ever purchase containing Olestra.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Lay's Regular, size: small, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response?

Media?

web site?



olesta1@cspinet.org

01/21/2005 10:29 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/25/2005

Name: [REDACTED]

Age: 67

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/19/2005 & 1/20/2005

When problem? 12 hours minutes

When problems end? 4 hours later

Still persist? No

Occations:

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools:
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps:
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Severe Diarrhea

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 5 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? searching online about olestra



olesta1@cspinet.org
01/21/2005 09:43 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1-21-05

Name: [REDACTED]

Age: 22

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 1-21-05

When problem? 1 hours 0 minutes

When problems end? still going

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: 17-20

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Looking up side effects of Olestra-- Appartine has caused a similar problem



olesta1@cspinet.org
01/22/2005 02:13 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 22 January 2005

Name: [REDACTED]

Age: 29

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10 January 2005, late afternoon

When problem? 2 hours 0 minutes

When problems end? 10 January 2005, a few hours after eating chips

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

I remember when WOW chips were first introduced to the market. On the bag was a warning about the effects of Olestra/Olean and I never tried them for that reason. I had no desire to worry about having an unexpected bowel movement while I was at school or out with friends. When I purchased the Light Doritos, there was no obvious warning like there was on the WOW chips. It wasn't until I had eaten a serving of the chips that I noticed on the bottom, front right side of the bag that the chips did contain Olestra. But, it did not say that the Olestra would cause any problems. I thought that maybe the product had been redeveloped and that is why the warning was no longer on the bag. Two hours after eating the chips, I found myself having to use the restroom and was in there for quite awhile with a soft bowel movement. Large quantities of bm at that. I thought that maybe it was something else that I had eaten earlier that day, so I waited about a week and tried the Light

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? none yet

Media? No

web site?



olesta1@cspinet.org
01/22/2005 11:42 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1-22-05
Name: [REDACTED]
Age: 29
Sex: f
Address:
Occupation: ~~HOMEWORKER~~
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 10-21-05 10 PM

When problem? 10 hours minutes

When problems end? NOT OVER

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I have never eaten these before and I will never buy them again.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Doritos again, and I had the same problem. I ended up throwing the chips in the trash and spent another night on the toilet with soft bowel movements.

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? all listed above

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: one serving as listed on bag, I believe 10 or 11 chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I looked up Olestra on Google



olesta1@cspinet.org
01/22/2005 11:47 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 01/22/2005
Name: [REDACTED]
Age: 57
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 01/15/2005

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:
- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:
I had come bad abdominal cramping.

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? diarrhea, cramping, gas

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Ruffles Cheddar, size: large, amount: 20 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
01/22/2005 11:16 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/22/05
Name: [REDACTED]
Age:
Sex: F
Address:
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 1/22/05 3:30 p.m.

When problem? 6 hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

They should have these bags clearly marked that they contain Olestra!!!!

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: , amount: 15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Hiatal hernia Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Did a google search for Olestra



olesta1@cspinet.org
01/23/2005 12:22 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/23/05

Name: [REDACTED]

Age: 34

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/19/05 2pm

When problem? 1 hours 30 minutes

When problems end? 1/20/05 5pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

On each of 2 occasions that I ate Ruffles Light - within hours the symptoms started and lasted approximately 1 to 1 1/2 days.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all of the same

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Ruffles, size: large, amount: 10-15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Had to stop twice to find a bathroom while shopping

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? internet search



olesta1@cspinet.org
01/24/2005 09:19 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 01/24/05

Name: [REDACTED]

Age: 34

Sex: F

Address:

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 01/24/05 1:00 p.m.

When problem? 3 hours 0 minutes

When problems end? 01/24/05

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

I bought the chips because they were non-fat and didn't read the label until I got home. I remembered that Olestra products used to have a warning and, since this one did not have a warning on the label, I thought they must have improved Olestra to stop the stomach problems it caused years ago. I ate only about 15 chips (Light Ruffles) and just a few hours later started feeling the effects of Olestra.

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: about 15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? did a search online



olesta1@cspinet.org

01/25/2005 11:39 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 01/25/2005

Name: [REDACTED]

Age: 21

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 01/23/2005

When problem? 24 hours minutes

When problems end? Not ended yet

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: mild
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Orange stains all over everything! I couldn't go to my classes.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google



olestra1@cspinet.org

01/25/2005 12:05 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/25/2005

Name: [REDACTED]

Age: 67

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer:

When eat?

When problem? 12 hours hours minutes

When problems end? Has not

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting:
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: Initiated previously controlled IBS

additional details:

IT is now

eat olestra again? No

problems again?

Problem(s) reoccurred? Has not subsided

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: handful, amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?
severe cramps and bloating

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? Just sent. However, I did not realize this problem would not subside

Media? Yes

web site? Random Olestra search on AOL



olesta1@cspinet.org
01/25/2005 05:54 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/24/05

Name: [REDACTED]

Age: 35

Sex: f

Address: [REDACTED]

Occupation:

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? Jan 23/24, evening

When problem? 12-18 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 1/4 of package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Google



olesta1@cspinet.org

01/26/2005 11:21 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 11/26/05

Name: [REDACTED]

Age: 31

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/25/05 12 noon

When problem? 7 hours minutes

When problems end? 7:30 pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience? yes

could not finish cleaning my house

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? Yes

web site?



olesta1@cspinet.org
01/26/2005 02:37 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1-25-04

Name: [REDACTED]

Age: 27

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/22/05 7PM

When problem? 3 hours 0 minutes

When problems end? 1/24/05 1PM

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other: very foul odor

additional details:

I tried the chips once before and had a similar response. I did not connect the dots. I will never eat this garbage again. The FDA is crazy, this stuff is poison.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all, and more severe the second time

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 1/2

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I could not control my gas, and my trips to the bathroom, and the odor was horrific

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? I was left on hold for a long time, then I hung up

Media? Yes

web site? Google



olesta1@cspinet.org

01/26/2005 10:33 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/28/2005

Name: [REDACTED]

Age: 33

Sex: F

Address: 1 [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 01/23/2005

When problem? 5 hours minutes

When problems end? Still having problems

Still persist? Yes

Occations: 5 days

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I have a yellow orange liquid dripping while I am using the bathroom. I am still feeling bad and I have not eaten any of the chips for almost 4-5 days.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Yes, but I have never ever had the yellow orange stuff dripping.
I have had gas, but no other symptoms. Did you have the flu, allergy, or other
illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I have to worry about having an accident

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site?



olesta1@cspinet.org

01/28/2005 02:46 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 01-28-05

Name: [REDACTED]

Age: 26

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1-24-05 12:00pm

When problem? 3-4 hours minutes

When problems end? still going 1-28-05

Still persist? Yes

Occations: 4 so far

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

OCLEAN should be the new name~ And no wonder they are light....and 1/2 the calories...it all runs out! There should be a definite warning on the bag!

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: 10 1/4 oz, amount: a few chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I feel very much discomfort!

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? They were sorry and noted the problem.

Media? Yes

web site? accidentally came across it



olesta1@cspinet.org
01/28/2005 05:38 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 1/27/05

Name: [REDACTED]

Age: 32

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1999

When problem? 3 hours minutes

When problems end? two days later

Still persist? No

Occations: 1 day

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I ate about a half of a bag of Wow Doritos. I didn't eat anything else. I was housesitting for someone and they didn't have any other food. A few hours later I felt sick. Then, I went to bed and had diarrhea almost all of the next day. I realized that there must be something wrong with these new Doritos and decided not to eat them again. A couple weeks later I heard a report on the news about the harmful effects of Olestra and made the connection. I will never eat olestra again. Today, I opened a bag of Lay's Light chips, and saw that it said 0 grams of fat. I put a chip in my mouth and then looked at the ingredients. I was shocked to see olestra. I spit the chip out of my mouth. I can still remember the day, 5 years ago, when I was so sick just from eating a bag of Doritos. They should put a warning or large letters on the packaging that says it contains olestra.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 13-15 oz., amount: half package
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: I haven't been diagnosed with anything, but I do get diarrhea when
I eat greasy or creamy foods. Did you have the flu, allergy, or other illness
that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I wanted to know more about olestra and why it was still being used,
so I looked it up on Google.



olesta1@cspinet.org

01/31/2005 12:41 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 1/31

Name: [REDACTED]

Age: 24

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 1/30 6:00 p.m.

When problem? 12 hours 0 minutes

When problems end?

Still persist? Yes

Occasions: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

10-99



olesta1@cspinet.org
01/31/2005 12:46 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: Jan 31, 2005

Name: [REDACTED]

Age: 43

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Jan 29, 2005

When problem? 10 hours minutes

When problems end? have still persist, 3 days later

Still persist? Yes

Occations: 3 days

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: mild
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other: severe cramping with both bowel movement and urination, sharp pains in lower abdomen, greasy vomit, body aches all over, especially joints, and excruciating headaches

additional details:

This product must be banned! I ate only three of the Fritos "Light" chips before I read the label and realized they contained olestra. I was upset because I remember vividly the media reports about olestra and this is a product that I would never knowingly consume. I figured, however, that I had only eaten three chips and I forgot about it. After I began to feel extremely unwell I did not immediately correlate these symptoms with eating the chips. It took me two days of pain to figure out that this was abnormal. Then, I remembered the chips and I checked the bag again and was further dismayed that the bag contains no warning whatsoever. Before I made the connection between

the chips and my symptoms, I was doubled over in pain from intestinal cramps, cramps so severe and unlike any I've ever experienced. At one point, I told my husband that I might have to be taken to the emergency room: I was in such pain. Please do all that you can to get this product banned. Also, I want you to know that I called the Frito-Lay consumer hotline to convey my symptoms and my outrage. (I was polite to the operator.) He obviously has a script to tell: that olestra is no different from eating beans, it is a "fiber" (his quote) and "is not a dangerous product."

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 3 chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis? I nearly went to the emergency room.

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? please see above

Media? Yes

web site? a google search



olesta1@cspinet.org

01/31/2005 01:13 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 01/31/2005

Name: [REDACTED]

Age: 54

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 01/27/05

When problem? 15 hours minutes

When problems end? 01/28/05 8 PM

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?



olesta1@cspinet.org
02/01/2005 07:23 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 002/01/05

Name: [REDACTED]

Age: 38

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 02/01/05

When problem? 3 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I had eaten Pringles no fat chips and Ruffles for two days in a row with my lunch. On the 2nd day is when I started having problems, not initially realizing why I was having severe crippling cramps. I never had cramps or diahrea like this in my life. I threw out all of the Pringles. Thank goodness I didn't let my kids eat these! I have eaten WOW chips in the past, but never had this problem. I will NEVER buy anything with olestra in it again.

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: medium, amount: 25 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

extreme gas sharp pains

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? wanted info on my symptoms



olesta1@cspinet.org
02/02/2005 03:35 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 2/2/05

Name: [REDACTED]

Age: 35

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 2/1/05

When problem? 6 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps:
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

Had severe abdominal pains. Thought it might have been related to a stomach bug. Noticed that my urine has been quite yellowish-green. No diarrhea, but have had slight nausea.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips?

Packet bear label stating olestra may cause?

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Original Pringles, size: , amount:

- Ruffles, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?